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For Immediate Release

Date: August 18, 2003  
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**Speaker To Address Changes Occurring During Caregivers' Lives, 8/27**

Caregivers not only have to care for themselves, but for others as well. Life can shift up and down and because of this, various changes may occur and some losses may be experienced. With these new changes, caregivers may need some strategies to cope with stress. Coping with these changes is the topic of the next meeting of the Caregiver Educational Support Group offered by the Lake County Health Department/Community Health Center.

The meeting will be held at Warren Township Senior Center, located at 17801 W. Washington Street in Gurnee, on Wednesday, August 27 from 1:30 p.m. to 3:30 p.m. "Life Shifts" will be presented by Josie Mazzaia, MSW, LCSW.

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Mazzaia is a licensed clinical social worker and is the Bereavement Coordinator at Hospice Partner since August 2002. She has been involved with the hospice in various capacities since 1993. Hospice Partner offers hospice care and bereavement services to the seven county Chicago metropolitan community. They are affiliated with Rush Healthcare system and the Lake Forest Hospital. Hospice Partner works to provide compassionate care wherever it is needed. Prior to working at the hospice, she worked in mental health and school settings and in private counseling.

The meeting is free and any caregiver is welcome to attend. For more information, call Sharon Roberts, RN, MA, the Health Department's gerontologist, at (847) 377-8097.

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